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University of Vermont Community Tobacco Use and Attitudes Survey

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University of Vermont Community Tobacco Use and Attitudes Survey

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Introduction

Smoking remains an important public health issue in U.S. Colleges. 17.3% of U.S. smokers are 18-24 years old. 28% of U.S. college students began smoking at age 19 or older. Currently 1,104 U.S. Colleges have adopted Tobacco-Free policies.

Methods

- A web-based survey was administered to 18,408 UVM students, faculty, and staff, using validated questions about tobacco use
- Data were analyzed across three variables: Current Smokers, Former Smokers, and Never Smokers
- An 18-point Attitude Score was derived from 6 questions to quantify attitudes towards a Tobacco-Free Campus
- A score of 0 indicates most supportive of a tobacco free campus, 18 indicates most opposed

Survey Demographics

- 3,177 surveys were returned from undergraduates (1603), graduate students (377), staff (805), and faculty (369)
- The overall response rate was 17.3%. Characteristics of participants are shown in **Table 1**
- Smoking status was divided into three categories: 12.5% of respondents were Current Smokers, 13.8% were Former Smokers, and 74.7% were Never Smokers. See **Figure 1**

Table 1: Demographics of Survey Participants

Participant Affiliation with UVM	N (%)
Undergraduate Students	1603 (50.5)
2014	32 (2.0)
2015	311 (19.4)
2016	374 (23.3)
2017	416 (26.0)
2018	443 (27.6)
2019+	27 (1.7)
Graduate students	377 (11.9)
Faculty	369 (11.6)
Staff	805 (25.3)

Results

Figure 1: Smoking Status

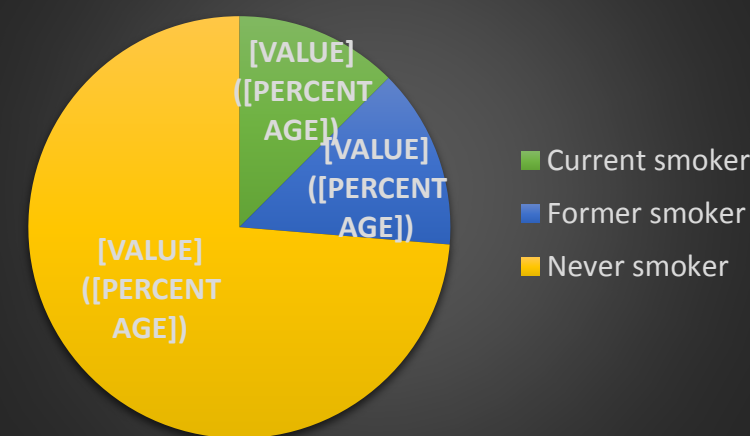


Figure 2: Undergraduate Prevalence of E-Cigarette, Cigarettes, and Any Tobacco Product

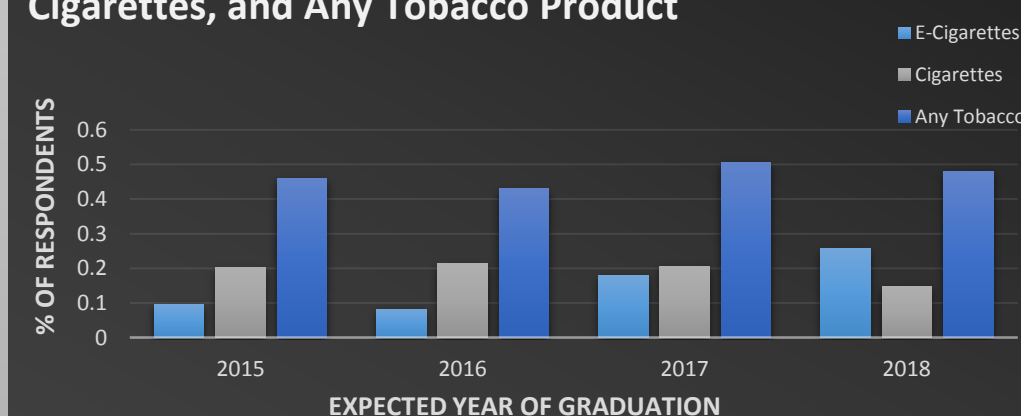


Figure 3: E-Cigarette Users by Smoking Status

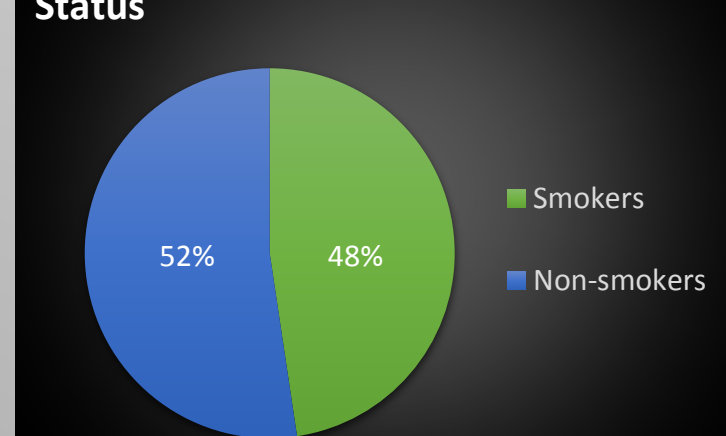


Figure 4: Tobacco-Free Attitudes Score

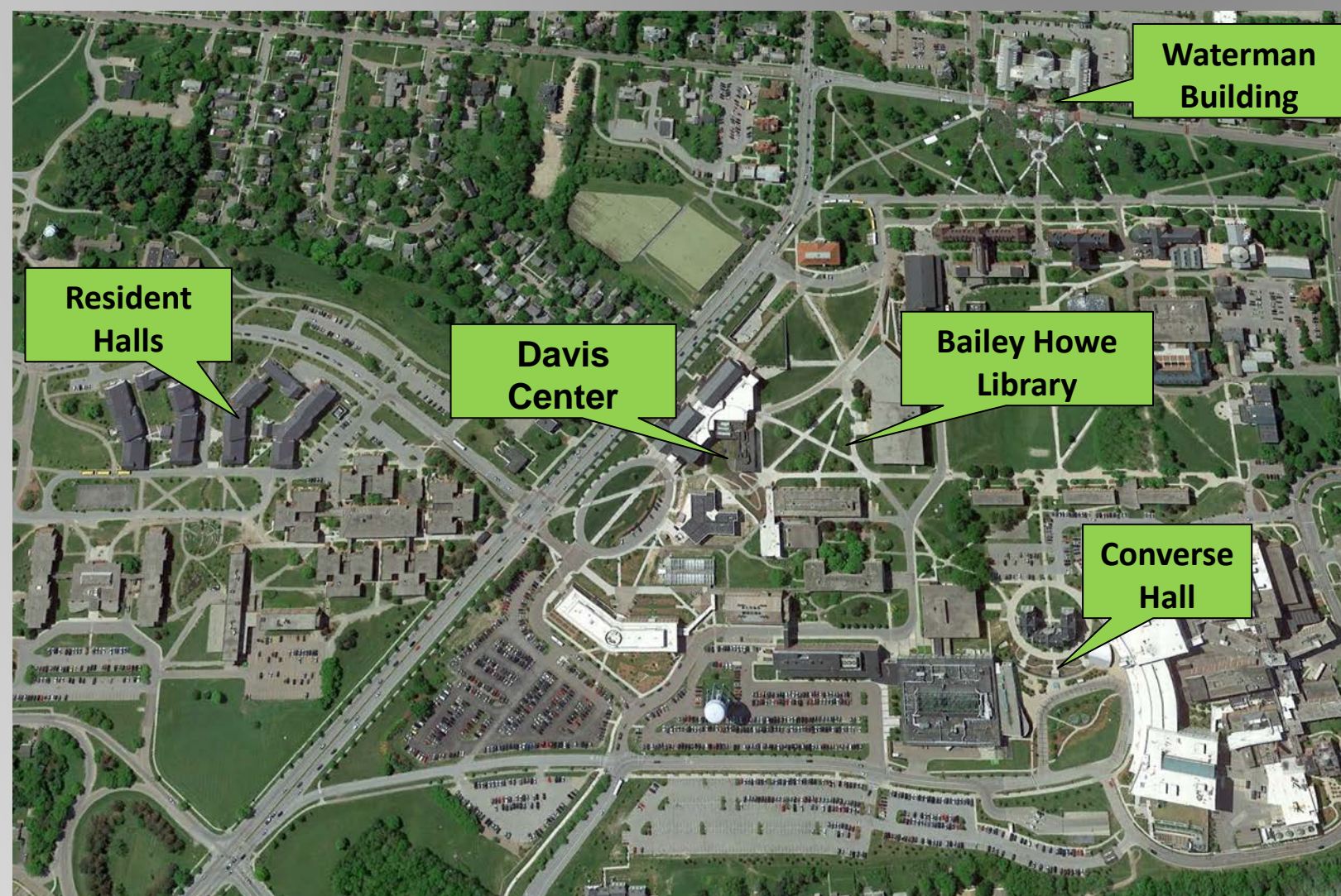
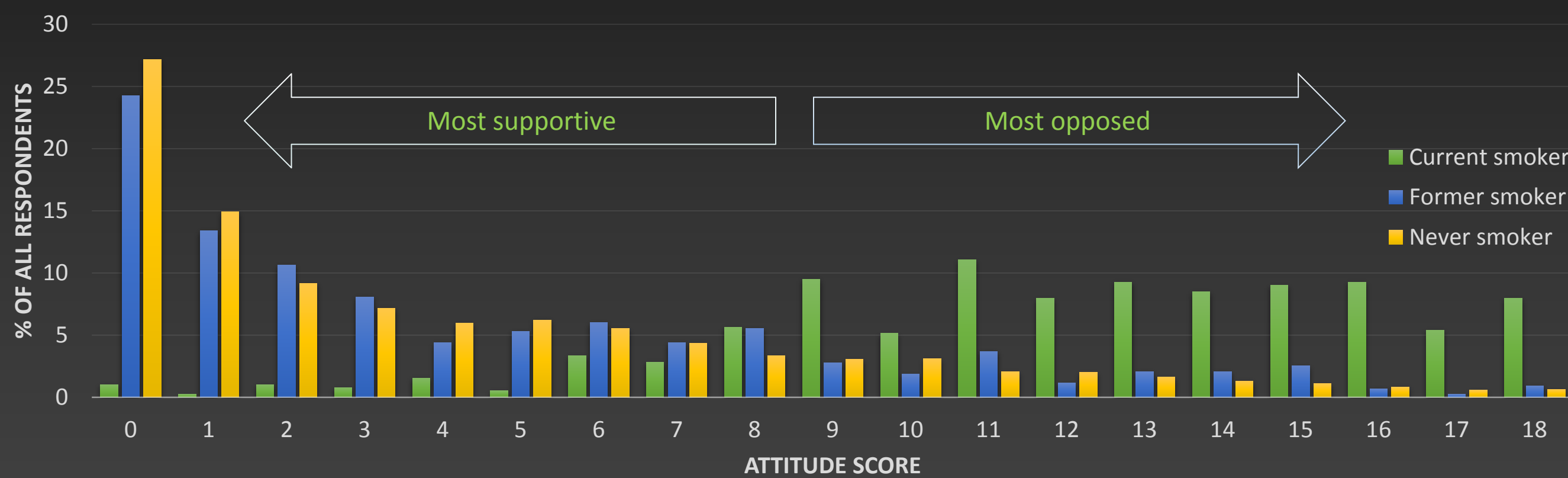


Table 2: Campus Locations and Prevalence of Second-Hand Smoke Exposure

Location on UVM Campus	N (%)
Outside Bailey Howe Library	1343 (42.4)
Outside a Residence Hall	1055 (33.2)
In a Parking Lot	1038 (32.7)
Outside the Davis Center	1020 (32.1)
Outside the Fleming Museum	336 (10.6)
Outside Converse Hall	327 (10.3)
Sidewalks/Walking Around Campus*	115
Outside UVM Medical Center*	79
Outside Waterman Building*	72
Everywhere*	17
Outside UHC*	17
Bus Stop (non-UVM Medical Center)*	7
Kalkin Hall*	6

*Write-in responses

Discussion

Prevalence of Tobacco Product Use

- Smoking prevalence varied among undergraduates (19.1%), staff (7.5%), graduate students (5.1%), and faculty (2.2%). 68.1% of respondents reported second-hand smoke exposure on campus and 54.7% knew where to find cessation resources on campus
- On average, 47.2% of undergraduate students reported using some form of tobacco in the last 30 days
- 25.7% of freshman undergraduates used e-cigarettes in the last 30 days; underclassmen were 2.9 times more likely to use e-cigarettes than upperclassmen. The odds of being a current smoker were 1.54 times higher in students who live off-campus compared to students who live on-campus; see **Figure 2**
- 52% of respondents that did not fit the classification criteria of smoker (smoked >100 cigarettes in their lifetime and currently smoke “sometimes” or “every day”) reported using cigarettes in the last 30 days. 48% of respondents that were classified as smokers smoked e-cigarettes in the last 30 days; see **Figure 3**

Tobacco-Free Attitude Score

- There was a significant effect of smoking status on agreement with a Tobacco-Free campus [$F(1,3121)=1187.0$, $p=0.001$], with non-smokers’ disagreement scored at 4.0 and smokers’ disagreement scored at 12.1; see **Figure 4**

Conclusion

Results provide baseline data to assess the longitudinal impact of a Tobacco-Free policy.

References

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